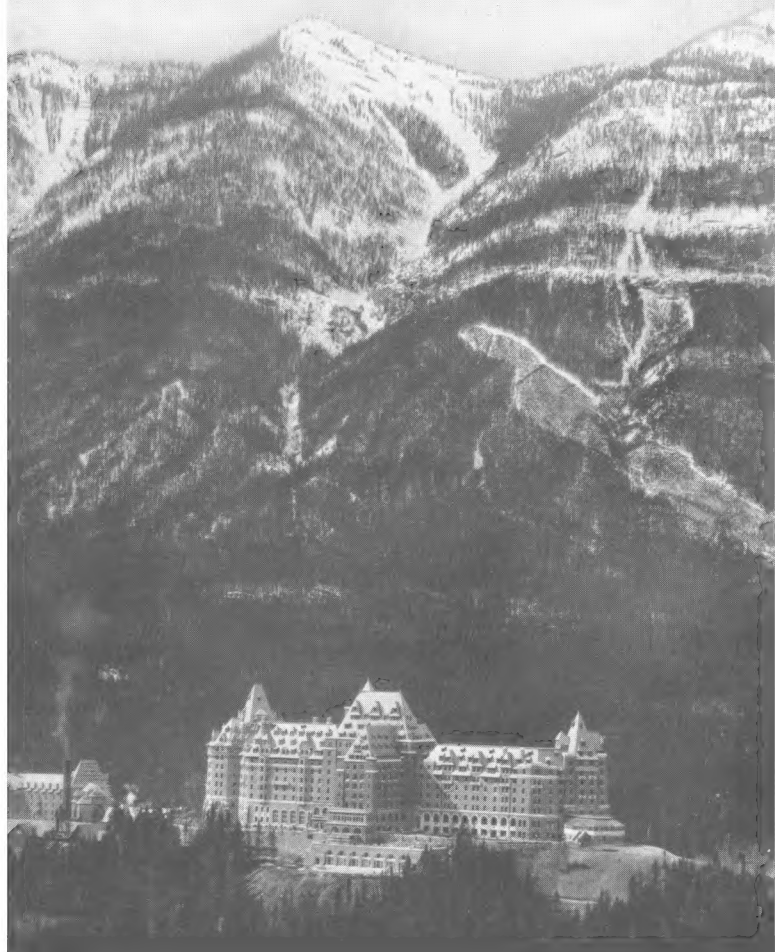


CLIMBS at **BANFF** and **VICINITY**



ARTHUR O. WHEELER, founder and Honorary President of the Alpine Club of Canada, is the writer of this little brochure. A veteran Alpinist, he is known no less for his intense love of climbing than for his intimate knowledge of these mountains.



Banff Springs Hotel and the Bow River Valley

A NUMBER of good rock climbs can be made directly from Banff and many others in the vicinity can easily be reached. Climbing guides, pack and camping outfits and all other necessities can be obtained in the town, with the exception of ice axes, alpenstocks, climbing ropes and climbing boots. During the summer months little snow remains on the mountains around Banff. It is, therefore, advisable on all climbs to take a canteen filled with water, or a thermos bottle with tea or coffee, and plenty to eat. Vitality must be maintained to a high degree.

The principal accessible climbs may be enumerated as follows:

TUNNEL MOUNTAIN—A good trail leads from the centre of the town up the west face of the mountain. It supplies a short training climb to get in condition. Although only 5550 feet in altitude above sea level, the summit is a magnificent viewpoint, covering the Bow River valley both east and west. The chief advantage is that, set at a position not far from midway between the valley bottom and the crests of the encircling mountain ranges, it does full value in perspective to the depths and to the heights. The climb is recommended to all in search of scenic beauties.



Tunnel Mountain and Mt. Rundle

SULPHUR MOUNTAIN—An excellent trail leads up the mountain from the Upper Hot Springs to the Observatory. It provides good training to get in condition. There are some fine rock scrambles above the Alpine Club House, and particularly at the north end above the Middle Springs.

A splendid day can be had by taking the trail from the Upper Hot Springs to the crest of the mountain, then follow the summit ridge southerly to the Goat Mountain end. To return to Banff, descend to the road along the west side of Spray River. Should the full distance be found too great, a descent to the road can be made from any point along the ridge.

The altitude of the highest summit is 8040 feet. Magnificent views, overlooking, southwest, the Sundance Creek valley and pass, and, northeast, the Spray River and Spray Lakes valley and the enclosing ranges on both sides, are to be had for all of the distance along the ridge. The climb is recommended as one easily accessible, with plenty of good rock work.

MT. RUNDLE—Will provide some good rock climbing. There are four outstanding peaks, respectively, from northwest to southeast, 9675 feet, 9625 feet, 9838 feet and 8900 feet in altitude. A lower summit at the north end of the ridge and the first high peak (9675 feet) are most



With the Alpine Club near Lake O'Hara



Mt. Inglismaldie and Lake Minnewanka

easily reached by the trail starting near the Spray River bridge leading to the golf course. To the higher summit the trail skirts the base of the mountain, gradually rising, for about two and a half miles and then zig-zags up the face half of the distance; beyond the end of the trail it is a matter of climbing. Nos. 2 and 3 of the higher peaks are best reached by the road along the west side of the Spray River, which is crossed by the bridge some four miles up the valley from the Banff Springs Hotel. From the bridge a strategic route can be picked out. These two climbs are more strenuous than peak No. 1.

To reach No. 3 peak (the highest summit, 9838 feet) the route is towards the bump or tower on the arête, which stands out so prominently as seen from Sulphur Mountain. There are some steep cliffs which can be circumvented.

For peaks along the ridge farther south, it would be necessary to follow the road to its end, crossing the Spray River by the second bridge, about seven miles from the Banff Springs Hotel, and then the trail leading up the valley of Goat Creek.

From all of the peaks named there are wondrous views of the Bow River valley, the Cascade River valley, and the valley of Lake Minnewanka; also of the Spray River and Spray Lakes valleys, and of a galaxy of mountain



Cascade Mountain from Tunnel Mountain

ranges, peaks and glaciers as far as the eye can see. Northwest, the peaks, towers and pinnacles of Mts. Inglismaldie, Peechee and the Fairholme Mountains, directly across the Bow valley, are impressively grand in architectural design.

For rock climbing of the highest class the northeast face of Mt. Rundle presents numerous opportunities. Its base is not so readily approached, owing to lack of a trail along the south side of the Bow River, and from the eastern extremity of the golf links drive a way through the woods bordering the river would have to be found to reach points for climbing.

CASCADE MOUNTAIN—Is 9836 feet in altitude. It is a long day to the summit, but the magnificence of the view, extending eastward far up Lake Minnewanka, covering the Bow valley in both directions and the Spray valley to the south, makes it well worth while. The easiest route of ascent is by the trail between Stony Squaw Mountain and Mt. Norquay, which leaves the highway about three-quarters of a mile north of the railway station. The trail crosses Fortymile Creek and zig-zags up the western slopes of the mountain to the long ridge seen from the town, which is ascended to the summit. At the lower summit, the one seen from Banff, a traverse is made on the face, crossing



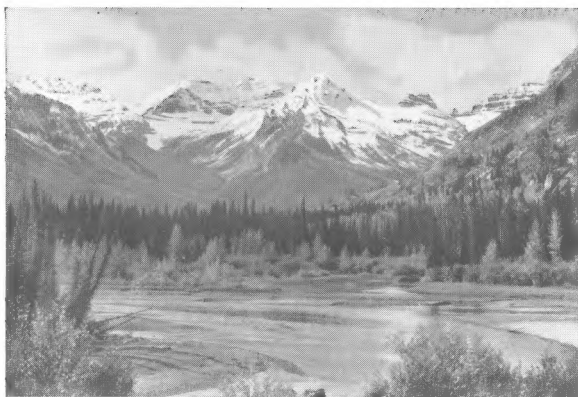
Mount Edith's Towering Spire

on a wide ledge and then taking a shale slope to the main summit. There is no very serious climbing on this route, but it makes a most delightful hike and climb. On the return, Fortymile Creek can be followed to the waterworks, and so to the Buffalo Park and home by the highway.

The mountain can also be ascended by the face seen from Banff, but this route can only be made by skilled climbers or with a climbing guide.

Mt. NORQUAY—There are two summits, of which the western one is the higher, 8275 feet. The ascent to either summit is made from a suitable point on the Banff-Lake Louise highway. There are a variety of routes open to the climber. A good day can be had by climbing to the eastern summit and then following the sky line ridge to the western summit and descending to the highway. The mountain is a favourite with climbers and provides rock work of varying degrees of difficulty.

Mt. EDITH—Is the sharp spire seen on the north side of the Bow valley looking west. It is 8380 feet in altitude. This is one of the most popular climbs in the vicinity. Unless a skilled climber, it should not be attempted without



Main Range west of Banff

a climbing guide. The simplest route is by the way of the Mystic Lake trail, which starts from the highway about three miles west of Banff. Follow the trail to where the motor road ends, about a mile from the main road. Here, cross the small stream and follow the logs back on the ridge until near timber line. At a point where you have to descend 40 to 50 feet, strike out on the left and maintain this elevation, crossing some slopes. If careful you will locate a game trail, which makes the crossing easier. When you have passed the first tower you will observe a gap or col on the mountain and you ascend directly to this col. On the right you will see a chimney leading to a crack, where one passes through a corridor, and so on to the face looking out towards Edith Creek. From this point there are various routes to the summit. With rubber or rope-soled shoes one can go right up to the left of the summit and follow the arête to the top. An easier way is to descend slightly and follow easy ledges to the arête looking over the main road. Turn to the left and follow the arête to the summit.

The return is made to the col. Then one can go down the gap to Edith Pass, or drop down to the creek on the side of the ascent and follow it to the highway.

MT. LOUIS—Though only a little over 8700 feet in altitude, Mt. Louis is one of the finest and most difficult rock climbs in the entire range. It should only be attempted by a finished climber or with a skilled climbing guide. It is approached by the trail over Edith Pass, practically the same route as to Mt. Edith, but the trail is followed to the summit of the pass. At the summit bear to the left close to the second and third towers of Mt. Edith; descend to the opening to the amphitheatre enclosed by Mts. Louis, Cory and Edith. From this point the route up the face is complicated and requires knowledge or study. It is a thrilling climb.

MT. FIFI—Beyond Mt. Louis, in the same group, rises Mt. Fifi of about 8500 feet altitude. The route is by the western face and provides an excellent rock climb, although by no means so difficult as Mt. Louis.

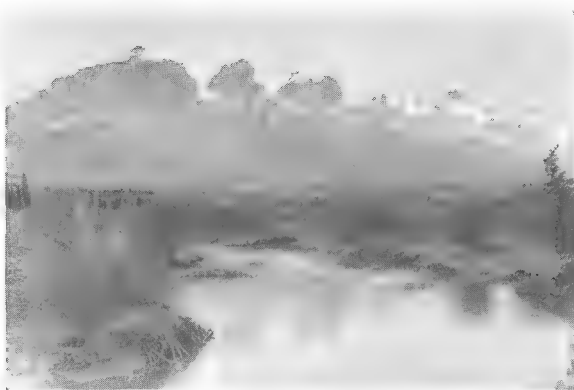
MT. CORY—Is 9194 feet in altitude. It can readily be climbed from a point about a mile beyond Sawback on the Lake Louise highway, a short distance west of the cave known as the Hole in the Wall, which can be explored at the same time. It is a good rock climb, presenting no special features of difficulty.

SAWBACK RANGE—There are a number of other peaks at the southerly end of the range that can be climbed from points along the Lake Louise highway between Sawback and the warden's cabin at Massive.

MASSIVE RANGE—Is seen from the bridge over the Bow River at Banff, rising in an impressive group of peaks, apparently closing the valley to the west. The principal peaks of the group are: Pilot Mountain, 9690 feet; Mt. Brett, 9790 feet; an unnamed peak, 9540 feet; Mt. Bourgeau, 9615 feet; Mt. Lougheed, 8888 feet; and Massive Mt., 7990 feet in altitude. All provide good climbs, particularly Pilot Mountain and Mt. Bourgeau. Although in full view, the group lies too far west of Banff to be made in one day, and to climb the peaks enumerated it would be necessary to camp at a suitable place to select a route of ascent. For such purpose a pack and camp outfit would have to be hired at Banff. It would be advisable to obtain the services of a man who is both a packer and climbing guide. The four higher peaks open up new and spectacular vistas of scenery in every direction, and particularly the Mt. Ball range and wonderful Egypt Lake area to the west and southwest, while southeast some twenty miles distant the giant massif, Mt. Assiniboine, stands out in bold relief.



Mount Louis—a Difficult Rock Climb
Mount Fiji—beyond



The Fairholme Range

MTS. INGLISMALDIE, GIROUARD AND PEECHEE—In the opposite direction, down the Bow Valley on its north side, the peaks named can be reached from the Calgary highway. Mt. Inglismaldie is 9725 feet, Mt. Girouard 9825 feet and Mt. Peechee 9625 feet in altitude. The abandoned mining village at Anthracite is a good place to park a car while making the climb.

A specially fine climb is to ascend to the summit of Mt. Peechee, then to follow the arête around the big amphitheatre, immediately north, to the summit of Mt. Girouard and descend from it to the starting point at Anthracite. There is some excellent climbing on both mountains and it is well worth while, though seldom, if ever, done. It would be a strenuous day, and it is advised not to attempt it without a skilled climbing guide, unless a finished climber, as some of the towers and pinnacles may present difficult situations.

From all three summits magnificent views of Lake Minnewanka, The Devil's Gap, and of the mountains beyond, are to be had.

FAIRHOLME MOUNTAINS—There are several peaks varying from 8508 feet to 9315 feet in this group that will provide interesting climbs. They can be reached from points on the highway near Canmore.



The Three Sisters, Canmore

THE THREE SISTERS—These well-known peaks can be climbed from the mining village of Canmore, which can be reached either by train or by motor stage in less than an hour from Banff.

No. 1, 8850 feet in altitude, is the most northerly and lowest. It is a good rock climb and, when there is no snow, can be ascended without much difficulty. Rope-soled or rubber shoes are necessary. The route is about the centre of the face looking down on Canmore. Before climbing, detailed instructions should be obtained from L. Grassi (Swiss), climbing guide at Canmore.

No. 2, 9000 feet, is practically a shale slope and consequently an arduous grind.

No. 3, 9744 feet, the highest, is most easily done from the Goat Creek side, west of the Canmore Gap, but can be made from Canmore by way of the arête seen from the highway between it and No. 2.

MT. AYLMER—Is the highest mountain in the vicinity, 10,375 feet above sea level. It shows a rounded dome northwest of Banff. It can be reached by motor car to

the east end of Lake Minnewanka, thence by trail some three miles along the north shore of the lake; here, a branch trail to the north is followed for about three miles to the divide at the headwaters of Ghost River. The ascent is made from the pass up long slopes of rock and scree, with which the mountain is covered in great part on this side. The climb is a steady grind, but as a viewpoint the summit is superb, disclosing peaks on peaks in every direction and, far to the eastward, the wide expanse of the railway prairie lands. It makes a long day, but can readily be done by getting an early start.

To study the climbs enumerated, see the maps at the Information Bureau at the north approach to the Bow River bridge.

SUITABLE OUTFIT FOR MOUNTAIN CLIMBING

Woollen underwear.

Short skirt or riding breeches.

Woollen golf stockings.

Climbing boots with Swiss edge nails, or stout rubber-soled shoes.

Sweater—not very heavy.

Flannel shirt.

Drinking cup—rubber or collapsible aluminum.

Belt with knife (scout) attached.

Waterproof match box and matches.

Light raincoat or cape.

Light rucksack to carry lunch, coat, etc.

Goggles—preferably greeny-blue or greeny-brown.

For climbing—ice axe or alpenstock.

Cold cream or other complexion grease to prevent sunburn.

The Alpine Club of Canada

THE ALPINE CLUB of Canada, with considerably over 600 members, and headquarters established in a singularly handsome Club House at Banff, holds a Camp each year in the Canadian Rockies, and welcomes all qualified members who have the ambition to climb or are interested in any way in the mountains.

BUNGALOW CAMPS

IN THE CANADIAN ROCKIES

Wapta Camp—Overlooking beautiful Lake Wapta, just west of the Great Divide. Centre for Alpine climbing, drives, pony rides and hikes to Lake O'Hara, the Yoho Valley, the Kicking Horse Canyon, etc. *Postal Address, Wapta Bungalow Camp, Hector, B.C.*

Lake O'Hara Camp—This Alpine lake, of exquisite coloring and charm, is a splendid climbing, riding and walking centre. Excursions to Lake McArthur and Lake Oesa, or over Abbot Pass to Lake Louise. *Postal Address, Lake O'Hara Bungalow Camp, Hector, B.C.*

Yoho Valley Camp—At the most delightful location in Yoho Valley, facing Takakkaw Falls. Excursions to the upper valley or over Yoho Pass to Emerald Lake. *Postal Address, Yoho Valley Bungalow Camp, Field, B.C.*

Moraine Lake Camp—At the head of the Valley of the Ten Peaks. Good trout fishing, climbing, riding and hiking to Consolation Lakes, Paradise Valley, Wenkchemna Pass, etc. *Postal Address, Moraine Lake Bungalow Camp, Lake Louise, Alta. (Open June 15—September 30.)*

Castle Mountain Camp—On the Banff-Windermere automobile highway, the most spectacular automobile road in America. Wonderful panoramic views of Castle Mountain and other peaks. *Postal Address, Castle Mountain Bungalow Camp, Castle Mountain, Alta.*

Radium Hot Springs Camp—Second stop on the Banff-Windermere Road. Swimming in Radium Hot Springs Pool, hiking and climbing and wonderful views of the Selkirks. *Postal Address, Radium Hot Springs Bungalow Camp, Radium Hot Springs, B.C.*

Mount Assiniboine Camp—Two days' trail ride from Banff (35 miles), stopping overnight at half-way cabin. Rates on application. *(Open July 1—August 31.)*

The above camps are open (except where otherwise stated, and subject to road conditions) from June 15th to September 15th. Rates \$5.50 per day, American plan. Full information at Canadian Pacific hotels and railway offices.

